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We also wish to express our appreciation to all those who furnished recipes, assisted in the sale of advertising or in any other way contributed to the publication of this book.

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Art Work By

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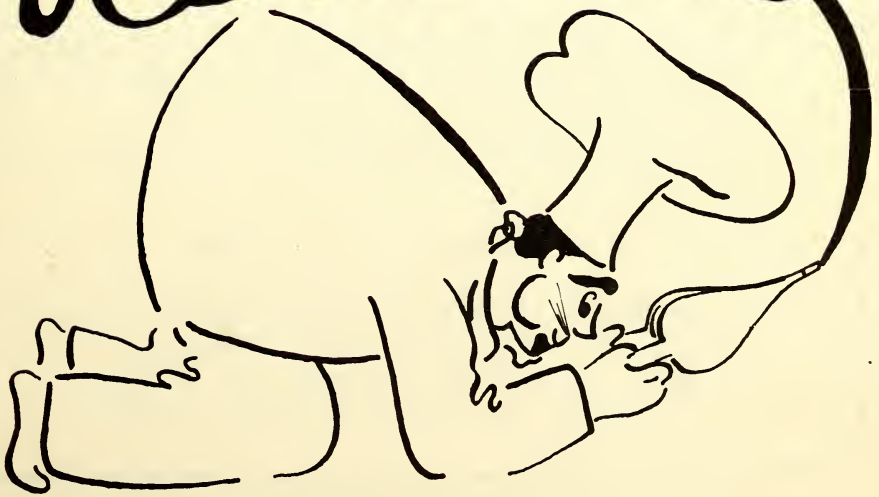

TABLE PRAYERS

Bless us, O Lord, and these thy gifts
Which we are about to receive
Through thy bountiful hands.
In Christ's name, Amen.

The eyes of all wait upon Thee, O Lord;
And Thou givest them their meat in due season.
Thou openest Thine hand and satisfieth
The desire of every living thing. Amen.

We thank Thee Lord for this our food,
For life and health and every good;
May manna to our souls be given
The Bread of Life sent down from heaven. Amen.

God is great and God is good,
And we thank Him for this food;
By His hand must all be fed,
Give us, Lord, our daily bread.

For what we are about to receive,
Make us truly thankful.
In God's name we ask it, Amen.

PRAYERS OF THANKS

Father, we thank Thee for the night,
And for the pleasant morning light,
For rest and food and loving care,
And all that makes the day so fair.

For flowers that bloom about our feet,
For tender grass so fresh and sweet,
For song of bird and hum of bee,
For all things fair we hear or see,
We thank Thee.--Emerson.

A PRAYER FOR THE TOTS

Lord, I thank you for today
For my work and for my play;
Keep me sleeping good and tight
And help to make tomorrow bright.

SHRIMP BALLS

Mrs. John Riegel

1 lb. shrimp

Shell, devein and cook in salted water for 20 minutes, with:

2 slices lemon
1 onion
few sprigs parsley

After cooking, chop shrimp very fine. Mix together:

3 Tbsp. cream cheese
1 tsp. Worcestershire sauce
1 Tbsp. chili sauce
2 tsp. horseradish
1/4 c. celery, cut fine
2 Tbsp. green pepper
1 hard boiled egg, chopped
1 Tbsp. grated onion
1 Tbsp. chopped parsley
3/4 tsp. salt
dash of Tabasco

Mix these ingredients except chopped parsley. Add the chopped shrimp and roll these in chopped parsley. Serve cold.

LIVER PATE

Mrs. Darden J. Eure

1 lb. chicken livers
4 hard cooked eggs
4 large onions
2 tsp. salt
1/4 tsp. pepper
2 Tbsp. lemon juice
1/2 c. melted butter

Cook chicken livers for 5 minutes in small amount of boiling water. Drain. Grate onions. Add chicken livers, salt, pepper, lemon juice and hard cooked eggs. Chop fine with chopper or put in blender and mix until smooth. Add butter and mix well. Garnish with parsley. Serve with saltine crackers.

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Write Extra Recipes Here:

Soups Salads 'n Vegetables

HOUSEHOLD HINTS

To remove a grease spot caused by hair rubbing against the wall place a blotter over the spot and go over it with a warm iron. The grease will adhere to the blotter.

To brighten tarnished silverware let soak for an hour in water left after boiling potatoes. It will come out bright as new.

Keep a bottle of glycerine by the kitchen sink. It is excellent to prevent chapped hands. A teaspoon full added to each quart of soapy water will help to keep wollens fluffy and soft. It can be used to lubricate food beaters and grinders.

Dip the bottoms of cans of cleaning powder in paraffin wax and they will not rust the shelves.

Do not keep cake and bread in the same box as the cake will absorb the moisture from the bread.

To keep cookies moist and fresh place a slice of bread between layers of cookies.

To prevent a cake from sticking to the plate sprinkle the plate with powdered sugar.

A really delicious whipped cream substitute can be made by adding a sliced banana to the white of an egg. Beat with an egg beater until stiff. The banana will completely dissolve.

Sprinkle a handful of coffee over fish in your refrigerator and there will be no noticeable odor.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.

BAKED BEANS

Mrs. Bob Murphy

1 lb. pea beans (or small limas)
1/2 lb. salt pork
1 medium size onion, sliced
1/4 c. molasses
1/4 c. brown sugar
1 Tbsp. Worcestershire sauce

Soak beans overnight then add pork and onion and cook slowly about 2 hours. Put the pork and beans in a bean pot and add the other ingredients. Add enough of the bean liquid to almost cover the beans. Bake at 250 degrees for 5 - 7 hours.

SCALLOPED EGGPLANT

Mrs. S. A. Chalk, Jr.

1 medium eggplant
4 slices bacon
2 ribs celery, diced
1 medium onion, chopped
salt
pepper
2 c. small bread cubes, toasted
2 eggs
1 1/2 c. buttermilk
1 3-oz. pkg. grated Parmesan cheese

Peel eggplant dice and cook a few minutes in boiling salted water. Drain thoroughly. Cook bacon until crisp. Drain. Cook celery and onion in bacon drippings until golden. Drain off excess fat. Mix eggplant, crumbled bacon, celery, onion and bread crumbs in a casserole. Beat eggs with milk. Season with salt and pepper and add cheese. Pour over eggplant mixture. Bake in an uncovered casserole in 325 degree oven for 40 minutes or until firm and browned. (Makes 6 servings).

POTATO KUGEL

Mr. Sam Adler

4 medium size potatoes
2 eggs
3/4 c. flour
1 heaping tsp. salt
1 heaping tsp. Rumford baking powder
1/4 lb. melted butter

Grate the potatoes and drain off the water. Add the other ingredients, mixing well. Grease a pudding dish and heat it then pour in mixture and bake until brown with firm crust (about 3/4 hour) in medium oven. Recipe makes four generous servings and should be served hot. May be made with any shortening. Rumford keeps it light in color as in potato pancakes.

CANDIED SWEET POTATOES

Mrs. Ted Garner

1 can sweet potatoes (or boil, peel and quarter 4 or 5 medium potatoes)
1 c. sugar
1 orange
1 small 8-oz. can crushed pineapple
salt to taste
1/4 to 1/2 c. seedless raisins
butter

Place sweet potatoes in baking dish. Add 1 cup sugar (sprinkle over potatoes). Grate rind of orange then cut the orange and squeeze juice and pulp over mixture. Add the liquid from canned potatoes or water if fresh potatoes were used. Sprinkle with salt to taste. Spoon crushed pineapple and seedless raisins between potatoes, being careful to push raisins down into liquid so they won't burn. Dot generously with butter and bake in oven until candied, 375 degrees for approximately 30 to 40 minutes.

STRING BEAN CASSEROLE

Mrs. H. L. Joslyn

1 lb. uncooked string beans, cut small
salt and pepper to taste
bacon drippings
1/2 c. grated cheese
1 small green pepper, chopped
1 large potato
4 tomatoes

Put layer of beans on bottom of a casserole. Salt and pepper to taste. Drip 1 tablespoon bacon drippings over beans. Sprinkle with 1/2 cup grated cheese. Chop 1 small onion over this. Top with 1 small green pepper, chopped. Slice 1 large potato over this. Slice 4 tomatoes over top of all. Salt and pepper to taste. Sprinkle 1/2 cup grated cheese over all. Cover with foil and bake in oven 350 degrees for 1 hour.

SQUASH SOUFFLE

Mrs. Nel Windley
Beaufort, N. C.

2 c. cooked squash
1 medium size onion
1 tsp. sugar
1 c. diced American cheese
2 well beaten eggs
1/2 c. cream (or rich milk)
1 Tbsp. cornstarch
salt and pepper to taste

To well beaten eggs, add cornstarch which has been mixed with milk or cream. To this mixture, add all other ingredients and pour into buttered casserole. Bake in 325 degree oven until done, 45 or 50 minutes.

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ASPARAGUS AU GRATEN

Mrs. W. L. Derrickson

1 large can asparagus
1/2 lb. cheese
1 small can pimento
2 hard boiled eggs
blanched almonds
cream sauce

Place can of asparagus in casserole lengthwise. Mix in sliced pimento. Place hard boiled eggs, one layer of asparagus then one layer of eggs. Cook cream sauce by blending 1/2 stick of butter with about 4 tablespoons of flour then add about 1 cup of milk slowly. Be sure to beat well while blending ingredients. Add grated cheese to the white sauce and also 1 cup of liquid from the canned asparagus. Pour this over casserole and bake in 325 degree oven for about an hour.

BAKED ORANGES

Mrs. John Reynolds

6 medium size oranges
6 medium size cooking apples
1 #2-can crushed pineapple
1 1/2 c. sugar
3 Tbsp. melted butter
chopped nuts

Cut oranges in half. Cut out pulp leaving thin layer of orange around edge of orange cup. Peel and chop apples, add sugar, juice from oranges and pineapple. Cook slowly until very thick. Stuff orange cups with mixture and sprinkle chopped nuts and melted butter on top. Place in pan with enough water to keep orange cups from burning. Bake in slow oven 30 minutes.

CREAMY CELERY SLAW

Mrs. Bud Dixon

1 tsp. salt
1 1/2 tsp. sugar
1/8 tsp. pepper
1/3 c. salad oil
2 Tbsp. vinegar
1/4 c. sour cream
2 c. celery, thinly sliced on diagonal
1 pimento, slivered

Combine salt, sugar, pepper, paprika, oil and vinegar. Slowly beat in sour cream. Pour this dressing over celery. Marinate in refrigerator about 3 hours then add pimento. Makes 4 servings.

FRUIT SALAD

Mrs. Ralph Wade

1 can (large) pears
1 can Royal Ann cherries, pitted and cut in half
1 can crushed pineapple, drained
1 lb. marshmallows, quartered

FRUIT SALAD (Continued)

1 pt. whipping cream

Custard:

4 egg yolks
pinch of salt
2 Tbsp. sugar
1 c. milk

Beat yolks slightly, add salt and sugar. Add hot milk slowly over double boiler and cook until spoon is coated. Cool.

Whip cream (not too thick), add custard then add fruits and marshmallows. Place in refrigerator for several hours or overnight. This salad serves 18 to 20 people and will keep several days in the refrigerator.

TWENTY-FOUR HOUR FRUIT SALAD WITH CREAM
Mrs. Bill Chalk

Cook in a double boiler until thick:

2 egg yolks
1/4 c. sugar
1/2 c. cream
juice of 2 lemons
1/8 tsp. salt

Stir these ingredients constantly. Chill then add:

6 slices canned pineapple, diced
2 c. Queen Anne cherries, stoned
1 c. nuts, chopped
1/2 lb. marshmallows, cut in pieces
1 c. heavy cream, whipped

Chill the salad for 24 hours. Serve on lettuce with mayonnaise or as a dessert with whipped cream.

AVOCADO SALAD
Mrs. I. C. Stallings

1 pkg. lime jello
1 c. boiling water
3/4 c. pineapple juice
1/4 c. lemon juice
1 c. avocado, mashed
1 c. cottage cheese
1/2 c. whipped cream
1/4 c. mayonnaise
pinch of salt

Dissolve jello in boiling water - add pineapple juice and lemon juice. Chill until mixture begins to thicken. Beat in avocado and cheese. Fold in mayonnaise and whipped cream. Chill. Makes 6 servings.

FROZEN CREAM CHEESE SALAD
Mrs. D. G. Bell

5 pkg. cream cheese (small)
1 c. nuts

FROZEN CREAM CHEESE SALAD (Continued)

1/2 pt. whipping cream
1 can (large) Royal Anne white cherries

Mix thoroughly and freeze. Makes 12 to 16 servings. Serve on crisp lettuce.

CHRISTMAS SALAD — Mrs. George H. McNeill

1 qt. cranberries
3 1/2 c. boiling water
2 c. sugar
3 Tbsp. gelatin
1/2 c. cold water
1 c. nutmeats
1 c. diced pineapple
1 c. seeded California grapes
1 tsp. salt
1 tsp. lemon juice

Cook cranberries in boiling water until real soft. Put through strainer then add sugar. Dissolve gelatin in 1/2 cup cold water. Add to hot mixture. Cool, add nuts and fruits and mold.

BING CHERRY SALAD — Mrs. Harvey Hamilton, Sr.

1 large can black cherries (or 2 medium size cans)
2 pkg. orange (or lemon) jello
1 c. Muscatel wine
1 c. chopped pecans

Use juice from cherries and add water to make 2 2/3 cups. Bring to boil then dissolve jello in this liquid. Cool and add cup of wine, the cherries cut in pieces and nuts. Makes 8 servings. Use with whipped cream or as a salad.

PINEAPPLE AND CHEESE SALAD — Mrs. Gilbert Arthur

2 c. crushed pineapple and juice
1 c. grated cheese
1/2 pt. whipped cream
1/2 c. cold water
1 pkg. lemon jello

Strain pineapple. Heat juice and water to boiling point; add jello and cool. Add cheese, pineapple and whipped cream. Put in pan and let congeal. Cut in squares. Serve on lettuce with mayonnaise. Makes 12 servings.

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Write Extra Recipes Here:

Meat, Fish 'n Poultry

BEAUTY HINTS

NAILS

The first rule in care of nails is gentleness. Never push cuticle back roughly or trim it too close. A good rule to follow on cutting cuticle is "do not cut unless it is ragged."

In filing nails be sure you do not file too far down in corners. This helps to prevent breakage and hangnails.

If you have trouble with polish staying on, check on your next manicure for these points:

(1) The nail must be clean and dry before applying polish.

(2) Always apply polish when you will have time for it to dry thoroughly.

A good treatment for rough cuticle and brittle nails is soaking them in hot olive oil for 10 to 15 minutes.

HAIR

Beauty of hair is in the gloss or aliveness of its look. Dull, lifeless hair is never beautiful. Thorough and frequent shampoos and daily brushing are a "must." Neither of these will harm your permanent wave or set. For light hair a lemon or vinegar rinse will have slight bleaching action. Hair that mats or tangles badly or hair with a dry, harsh feel will be aided by a cream rinse after washing.

CASSEROLE SUPREME — Mrs. W. B. Chalk

1 lb. shrimp
1 lb. crabmeat
1 medium onion, chopped fine
1 large bell pepper, chopped
1/2 stalk (large) celery, chopped
3/4 pt. mayonnaise
1/2 large bottle Durkee's dressing
salt, pepper, hot sauce to taste

Combine all ingredients. Put in casserole. Cover with buttered crumbs. Cook 400 degrees for 20 or 25 minutes. May be served in individual casseroles.

BARBECUED PORK SPARERIBS — Mrs. Edward Swindell

spareribs (2 ribs to each piece)
lemons
onions

On on each piece, place a thin slice of onion and slice of unpeeled lemon; anchor with toothpick. Place in a shallow pan, meaty side up. Roast ribs in hot oven 450 degrees for 30 minutes.
Sauce:

1 c. catsup
1/3 c. Worcestershire sauce
1 tsp. chili powder
1 tsp. salt
2 dashes Tabasco sauce
2 c. water

Heat the above ingredients to boiling point. Pour over ribs. Bake in moderate oven 350 degrees until tender - about 1 hour. Baste every 15 minutes.

BRISKET OF BEEF — Mrs. Ben Wade

5 or 6 lb. brisket of beef
4 onions
salt
pepper
paprika
garlic salt
juice of 1/2 lemon
1/2 bottle catsup

Slice 3 onions and cover bottom of baking pan. Rub beef well with salt, pepper, paprika, garlic salt and lemon juice. Place on top of onions, fat side up. Slice 1 onion and cover roast then pour over all 1/2 bottle catsup. Cover

securely. Bake 4 hours at 300 degrees. Do not uncover while cooking.

BEEF STROGANOFF

Mrs. Luther Hamilton, Jr.

1/3 c. butter
1/2 c. finely chopped onion
1/2 lb. fresh mushrooms, sliced (or 8 or 9-oz. can of mushrooms)
1 1/4 lb. beef (chuck), cut in 1/4 x 1/4 x 2-inch strips
2 Tbsp. flour
1 c. bouillon
1/2 tsp. salt
2 Tbsp. tomato paste
3/4 tsp. Worcestershire sauce
1/4 c. sour cream
1/2 c. heavy cream
1 1/3 c. rice

Melt 2 tablespoons of the butter, add onions and saute until tender and golden then remove and set aside. Melt 2 tablespoons more butter, add mushrooms; saute until lightly browned. Remove and set aside. Melt remaining butter. Roll beef in flour and brown. Add bouillon, 1/2 teaspoon salt and the onions. Cover and simmer gently until beef is tender, about 1 1/2 hours. (This can be prepared ahead of time). When ready to serve, add tomato paste, Worcestershire sauce, sour cream, heavy cream and mushrooms. Heat thoroughly. Serve over cooked rice. Serves about 8 people well or 6 people liberally.

MACARONI-GROUND BEEF CASSEROLE

Mrs. A. B. Roberts

1 lb. ground beef
2 medium onions
1 green pepper
2 Tbsp. A-1 sauce
1 can tomatoes
1 1/2 tsp. salt
1 Tbsp. sugar
1 7-oz. pkg. elbow macaroni
1/2 lb. cheese

Cook over low heat ground beef, thinly sliced onions, diced green pepper and A-1 sauce until beef is lightly browned. Add can of tomatoes, salt and sugar. Let simmer as you cook macaroni, according to instructions on package, using minimum cooking time (do not over cook).

Mix macaroni and sauce in large casserole and add about 1/4 pound cheese, cubed, to mixture. Slice remaining cheese and place on top of casserole. Bake at 350 degrees until cheese is melted - about 40 minutes. If sauce is made in large heavy frying pan, macaroni and cheese may be added and cooked over low heat. This can be fixed ahead and baked at serving time.

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Mrs. Gretchen W. Brinson

2 bouillon cubes
1 1/2 c. boiling water
8 crackers
2 lb. hamburger
1/4 tsp. pepper
1 tsp. salt
1 egg
1 Tbsp. Worcestershire sauce
1 tsp. poultry seasoning

Dissolve bouillon cubes in hot water - crumble crackers in this liquid. Mix with all other ingredients. Press lightly in baking dish. Be sure mixture touches sides of container. Bake 350 degrees for 45 minutes or 1 hour (according to depth of container used). Pour off any grease or drippings. Top with 3 cups fluff whipped potatoes, brown lightly under broiler. Serve with Savory Sauce made by dissolving 1 bouillon cube in 1/2 cup hot water. Mix with 1 can mushroom soup. Heat to boiling point - do not let scorch.

CHICKEN MOLD

Mrs. Ira C. Long

1 4-lb. hen
1 small can garden peas
4 hard boiled eggs, cut fine
2 c. mayonnaise (or 1 c. cream cheese and 1 c. mayonnaise)
2 c. celery, finely cut
1 small can pimento
1 c. skimmed chicken broth
2 pkg. plain gelatin
2 Tbsp. sour pickles, cut fine
1 Tbsp. capers (or relish or more pickle)
1 c. pecans, finely cut
salt

Boil chicken, dice and add a small amount of the skin, cut very fine. Add to the chicken the peas, eggs, mayonnaise, celery and pimento. Soften the gelatin in cup of chicken broth and add then add the pickles, capers, pecans and salt to taste. Place ingredients in mold and put in refrigerator overnight. When ready to serve, run cold water over bottom of mold and it will come out easily.

CHICKEN TETRAZZINI

Mrs. Alvah Van Nortwick

1 5 1/2-to-6 1/2-lb. hen
1 can tomato soup
1/2 pt. whipping cream
1 can mushrooms
1 lb. American cheese, grated
1 lb. thin spaghetti
4 c. chicken stock

Boil hen with celery and onion until tender. Season to taste. Cook spaghetti until tender. Pick chicken off the bones. Mix all ingredients together, saving enough cheese

CHICKEN TETRAZZINI (Continued)

to put on top. Bake in moderate oven until brown or the cheese is melted.

DROP CHICKEN DUMPLINGS Mrs. Bernard Weeber

1 1/2 c. plain flour
4 tsp. baking powder
1 tsp. salt
2/3 c. sweet milk

Lightly toss together all ingredients. Drop by tablespoonsful in hot boiling chicken broth. Cover with tight lid. Cook exactly 15 minutes without taking off lid. Serve at once.

BARBECUE CHICKEN Mrs. George W. Ball

1 fryer (2 1/2 - 3 lb.)
1 stick butter
3/4 c. vinegar
3/4 c. water
3 Tbsp. Texas Pete
1 tsp. salt
pepper

Combine butter, vinegar, water, Texas Pete, salt and pepper in saucepan and bring to a boil. Let simmer for 5 minutes. Place chicken, cut in pieces, in deep pan and pour sauce over chicken. Bake in moderate oven 350 degrees, turning chicken frequently for approximately 1 1/2 hours.

CHICKEN SPAGHETTI Mrs. Malcolm U. Collins

1 large hen (4 to 5 lb.)
1 pkg. spaghetti
1 large onion, cut up fine
1 #2-can tomatoes
1 can mushrooms
1 tsp. Worcestershire sauce
mashed garlic, to taste
about 3/4 lb. grated cheese
2 or 3 bay leaves
salt and pepper to taste

Boil hen slowly until tender and remove meat from bones. Retain broth for use later in recipe. Brown onion and add tomatoes, salt, pepper, bay leaves, garlic, Worcestershire sauce and 1 pint of chicken broth. Thicken with flour (about 2 tablespoons) to make it have the consistency of a medium cream sauce. Add cut-up chicken and mushrooms. Butter casserole dish and alternate layers of cooked spaghetti, chicken mixture and grated cheese. Bake covered about 1 hour at 325 degrees.

PENNSYLVANIA CLAM CHOWDER Mrs. A. C. Hodges

1 qt. ground clams
4 medium onions, cut fine
6 medium Irish potatoes, cut fine
salt and pepper to taste

Cook clams, onions and potatoes 10 minutes or until potatoes are soft. Add the following vegetables:

2 cans shoe-peg corn
2 cans garden peas
2 cans string beans
1 large can tomatoes
3 hard boiled eggs
2 Tbsp. butter
1 Tbsp. parsley flakes
2 c. water

Cook about 20 minutes. Add eggs just before removing from stove.

BARBECUE FISH Mrs. George Ball

blue fish, mackerel or any thick fish
1 stick butter
pepper vinegar
vinegar

Select a thick fish and have it fillet.

Melt butter and add the same amount of pepper vinegar, salt and pepper. Place fish in deep pan and broil slowly, gradually spooning on the sauce. Continue until fish is brown, approximately 30 to 40 minutes.

CRABMEAT CASSEROLE Mrs. A. F. Chestnut

3 Tbsp. melted butter
3 Tbsp. flour
1 1/2 c. milk
1 Tbsp. Worcestershire sauce
1/4 tsp. dry mustard
1/2 tsp. chopped parsley
salt and pepper

Combine flour with melted butter. Add milk gradually, stirring constantly. Add Worcestershire, mustard and parsley also salt and pepper. Add 1 pound crabmeat and bake in casserole in 350 degree oven 30 minutes.

DEVILED CRAB Mrs. Luther Hamilton

3 Tbsp. butter
2 Tbsp. onion, chopped
3 Tbsp. flour
1 tsp. dry mustard
1/2 tsp. paprika
1 tsp. salt
1 tsp. Worcestershire sauce
1 c. milk
1/2 c. cream
3 c. crabmeat
1/2 c. buttered crumbs
1/2 c. cheese, grated

DEVILED CRAB (Continued)

Cook onion in butter until tender. Blend in flour and seasonings. Slowly add milk and cook over low heat, stirring constantly until thickened. Add cream. Add crabmeat; sprinkle with buttered crumbs after filling shells. Bake 20 to 25 minutes at 375 degrees.

CRAB CASSEROLE — Mrs. J. C. Taylor

1 lb. white crabmeat
1/2 lb. grated American cheese (I think pimiento cheese is good with this, too)
1/2 c. butter
3 Tbsp. flour
salt and pepper to taste
1 pt. milk

Make thick cream sauce of butter, flour, salt, pepper and milk. Place layer of crab in casserole and alternate with grated cheese until dish is filled. Bake about 300 degrees for 25 or 30 minutes. This is delicious flavored with a little sherry.

Write Extra Recipes Here:

Bread Rolls 'n Pastry

HOUSEHOLD HINTS

A piece of bread crust inserted between the teeth when peeling an onion will stop the tears.

When white silk slips have become yellow after washing a number of times, dip them in a pink dye solution and they will look like new again.

A discarded card table makes an excellent frame for hooking rugs. Cut away the top, leaving the framework. It is the right height for working and may be folded and put away when not in use.

When buying stair carpet, buy an extra quarter yard. Turn this extra under at the top of the stairs. When the carpet starts to show wear on the edges of the treads, shift the carpet 2" down the length of the stairs. Three shifts can be made before the full length is worn.

To cut off the top of a small glass bottle to make a vase, wet a piece of string with kerosene Tie it around the bottle just where you want it cut. Ignite the string and allow to burn all the way around the bottle. Dip the bottle in cold water and the top will drop off leaving a clean even break.

An old shaving brush is ideal for dusting pleated silk lamp shades.

To remove a white spot from mahogany furniture caused by a wet glass, smear the spot with a thick coat of vaseline and allow to stand a few days. When the vaseline is wiped off the stain will have disappeared.

Old pillow cases may be used to cover dresses in the clothes closet. Make a slit in the closed end and draw the case over the garment on the hanger.

FRIED CORN BREAD

Dr. Ben F. Royal

1 1/2 c. corn meal
1/2 c. flour
2 rounded tsp. baking powder
1/3 tsp. sugar (to make cakes brown)
2 rounded tsp. salt (to taste)
1 small can Carnation milk

Thoroughly mix dry ingredients and stir in the milk then add water to get the consistency you like. If batter is too thin, cakes will be hard; if too thick, the cakes will not be done in the middle. Drop batter in two tablespoonful lumps into moderately deep hot fat. Fry until brown. Will serve 6 - 8.

Always cook a test cake to test saltiness and to see if cakes are done in the middle before saying "come get it". If the cakes are too brown, cut down on the sugar next time.

FRESH CORN BREAD

Mrs. J. C. Taylor

6 ears corn, grated and scraped
1 1/2 c. flour
3 heaping tsp. baking powder
3 eggs
1/2 c. milk
1/2 tsp. salt
2 Tbsp. sugar
3 Tbsp. melted shortening

Beat eggs, add dry ingredients alternately with the milk then add grated corn and melted shortening. Bake in moderate oven 450 degrees about 20 minutes.

SWEET POTATO BISCUITS

Mrs. Perry Taylor

1 c. sifted flour
1 c. mashed cooked sweet potatoes
4 tsp. baking powder
1 tsp. salt
4 Tbsp. shortening
3 Tbsp. milk

Sift together dry ingredients (self-rising flour may be used instead of the above flour, baking powder and salt). Mix in shortening. Add sweet potatoes and milk to make a soft dough. Knead lightly. Roll or press out to 1/2-inch thickness, cut and bake in oven 425 degrees 15 to 20 minutes.

SPOON BREAD

Mrs. Bill Cherry

2 1/2 c. milk
2 tsp. butter

SPOON BREAD (Continued)

1/2 c. sifted corn meal
1 tsp. salt
3 eggs, yolks and whites beaten separately

Scald milk over medium heat and sift in corn meal. Continue cooking 5 minutes at same heat and add beaten yolks. Fold in stiffly beaten egg whites. Melt butter in casserole then pour in corn meal mixture. Place in pre-heated 350 degree oven and bake for 1 hour.

BANANA BREAD — Mrs. W. B. Chalk

1 3/4 c. flour (plain)
2 tsp. baking powder
1/4 tsp. soda
3/4 tsp. salt
1/3 c. butter
2/3 c. sugar
2 eggs
1 c. mashed bananas
1/2 c. chopped nuts, optional

Sift dry ingredients together, cream sugar and butter; add eggs and beat. Stir in bananas. Add dry ingredients and beat well. Add nuts. Bake in greased loaf pan 350 degrees for 50 minutes.

BANANA BREAD — Mrs. M. B. Morey

1/2 c. butter
1 c. sugar
2 eggs
2 c. sifted flour
1 tsp. soda
1/2 tsp. salt
3 large bananas, mashed
1 c. chopped nuts
1 tsp. melted butter
cinnamon-sugar mixture

Cream butter and sugar. Beat in eggs, one at the time. Mix in sifted dry ingredients. Beat in mashed bananas. Add nuts. Pour into greased and floured 9 x 5 x 3-inch loaf pan. Bake at 350 degrees for 50 to 60 minutes. While loaf is still warm, pour melted butter over top and sprinkle with cinnamon and sugar.

ICE BOX ROLLS — Mrs. W. B. Chalk

1/2 c. shortening
1/3 c. sugar
1 c. lukewarm water (in which you dissolve 1 tsp. salt)
1 unbeaten egg
1/4 c. lukewarm water (in which you dissolve 1 yeast cake)
4 c. plain flour

Cream shortening and sugar, add egg and mix together.

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ICE BOX ROLLS (Continued)

Add water with salt and mix together. Add water with the yeast cake, mix then fold in flour. Let stand until mixture doubles its bulk. Make out rolls, let stand until risen. Bake in oven 450 degrees.

SALLY LURON

Mrs. Nel Windley
Beaufort, N. C.

1 yeast cake
1/2 c. butter and 1 Tbsp. lard (level)
1/2 c. sugar
1 qt. sifted flour
1 Tbsp. salt
4 eggs, beaten
1 c. warm milk

Dissolve yeast cake in warm milk. Mix all ingredients together well to a smooth batter. Let rise on a warm place then beat again before pouring into well greased stove pan. Let rise again before baking in moderate oven 325 degrees. Cook 40 minutes.

LEMON PIE

Mrs. Robert Harrell

5 eggs (take out 3 whites for meringue)
1 c. sugar
1/3 c. lemon juice
a little grated lemon rind
1 c. milk
1/3 stick butter
2 Tbsp. flour

Cook in double boiler until thick. Put in baked pie shell. Add meringue and bake.

LEMON PIE

Mrs. Charles Canfield

1 c. sugar
lump of butter
1 1/2 lemons (rind and juice)
4 eggs
1 9-inch baked pie shell

Into double boiler put 1/2 cup sugar, butter, egg yolks, lemon juice and rind. Stir until thickened then cover and cook 10 minutes longer. Beat in two bowls (each), 2 egg whites and 1/4 cup sugar. Fold into 1 bowl the cooked mixture. Use beaten egg white in other bowl for meringue. Put into cooked pie shell and brown in 350 degree oven.

LEMON CHESS PIE

Mrs. Nel Windley
Beaufort, N. C.

2 c. sugar
2 Tbsp. flour
1/2 c. milk

LEMON CHESS PIE (Continued)

2 Tbsp. meal
4 eggs
1/2 c. melted butter
1 Tbsp. lemon rind
1/4 c. lemon juice

Mix sugar, flour and meal. Add eggs one at a time, beating after each addition. Add 3 liquids gradually, add lemon rind and pour on an unbaked shell. Cook at 350 degrees for 40 minutes.

FRESH PEACH PIE

Mrs. George W. Ball
Mrs. Ashby King

fresh peaches (can use frozen peaches but not canned ones)
1 c. sugar
1/3 c. butter
1/8 tsp. nutmeg
4 Tbsp. flour
dash of salt
4 Tbsp. cold water
pastry for 1 pie

Mix sugar, butter and flour until crumbly. Add nutmeg and salt. Line pie plate with pastry and sprinkle half of above mixture over bottom. Add a layer of sliced fresh peaches then other half of mixture. Arrange a lattice top of pastry. Lastly, add the 4 tablespoons of cold water. Bake at 450 degrees for 10 minutes then 350 degrees until done, approximately 30 minutes.

SANITARY RESTAURANT APPLE PIE

Mrs. Ted Garner

1 can sliced apples
1 c. sugar
1/8 tsp. salt
1 Tbsp. cornstarch
2 tsp. lemon extract
1 Tbsp. butter
1/4 whole nutmeg
topping

Empty into mixing bowl 1 can of apples. Cover with sugar and allow to soak until sugar is melted and syrup is formed. Pour syrup into saucepan, add salt and cornstarch. Cook over low heat until thickened, stirring constantly. Remove from heat, add lemon extract and butter. Add drained apples. Line pie pan with your favorite crust and add apple mixture. Grate nutmeg (or sprinkle lightly with powdered nutmeg) and cover with upper crust. Seal edges and prick with fork. Brush with milk and bake in 400 degree oven for 10 minutes. Reduce heat to 375 degrees and bake until browned, about 30 minutes. Remove from oven and cool about 10 minutes.

SANITARY RESTAURANT APPLE PIE (Continued)

Topping:

3 Tbsp. xxxx powdered sugar
1 tsp. water

Brush on pie with pastry brush. Sprinkle lightly with cinnamon. Serve either warm or cooled.

COCOANUT KISS PIE

Mrs. Nel Windley
Beaufort, N. C.

baked pie crust
3 egg whites
10 Tbsp. granulated sugar
1 pt. cream

Beat whites of eggs until stiff - add sugar. Put on crust, place in 350 degree oven and bake until nicely brown. Cool. Sprinkle with cocoanut, cover with whipped cream and sprinkle with cocoanut. Put a little vanilla in whipped cream.

CHOCOLATE PIE

Mrs. L. J. Norris

2 sq. chocolate
1/3 stick butter
2 eggs, separated
2 Tbsp. flour
1 c. sugar
1 c. evaporated milk
1 tsp. vanilla

Melt chocolate and butter in saucepan - add sugar, flour and egg yolks then slowly add milk and cook, stirring constantly until thickened. Add vanilla. When cooled, put in baked 9-inch pie crust. Make meringue of egg whites and 1/4 cup of sugar. Top pie and brown in oven.

SWEET POTATO CUSTARD (PIE)

Mrs. Perry Taylor, Jr.

2 c. mashed cooked sweet potatoes
1/4 c. melted butter
3/4 c. sugar (brown or granulated)
3 eggs
1 1/3 c. milk
1/4 tsp. nutmeg
1/4 tsp. cloves
1/4 tsp. cinnamon

Add butter to sweet potatoes. Separate eggs. Beat yolks with sugar. Add potatoes, milk and spices. Beat egg whites until stiff and fold into mixture. Pour into unbaked pie shell. Bake in oven set at 350 degrees until mixture is set and lightly browned.

SWEET POTATO PIE

Mrs. R. W. Taylor

4 cooked sweet potatoes (1 1/3 to 1 1/2 c.)
3 egg yolks
1/3 c. sugar
1/4 tsp. nutmeg
1/4 tsp. allspice
1/4 tsp. salt
1/2 tsp. lemon extract
1/3 stick butter
1 1/2 c. sweet milk

Mash potatoes, add all ingredients and cook in unbaked pie shell at 425 degrees for a few minutes then at 350 degrees about 40 minutes (or until a silver knife comes out clean when punctured). Use egg whites for meringue. Cook about 18 minutes more.

CHESS PIE

Mrs. S. A. Chalk, Jr.

2 heaping c. brown sugar
2 eggs
3 Tbsp. flour
1/3 c. milk
1/2 c. butter
1 tsp. vanilla
1/2 tsp. salt

Mix all ingredients and pour into unbaked pie shell. Bake at 400 degrees for 40 minutes.

PECAN PIE

Mrs. M. T. Mills

1 c. dark corn syrup
3/4 c. sugar
1/4 tsp. salt
3 eggs, slightly beaten
3 Tbsp. butter
1 tsp. vanilla
1 c. coarsely broken pecans
1 unbaked 9-inch pie shell

Combine syrup, sugar and salt in saucepan. Bring to a boil over high heat, stirring until sugar is dissolved. Boil 2 minutes. Pour slowly over eggs, stirring constantly. Add butter, vanilla and pecans, stirring to mix well. Pour into unbaked pie shell. Bake in moderate oven 375 degrees for 50 minutes or until done. Pie should be completely puffed across top and firm.

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Cakes 'n Cookies

BEAUTY HINTS

SKIN

It is a mistake to think that one can change an oily skin to a dry, etc. It is better to realize that one has the kind of skin they "were given" and that nominal care will make the oiliest or dryest skin appear just as nice as that skin we often refer to as "just right or the skin we love to touch."

Cleansing of the Skin:

If skin is dry, washing twice a day is not too often but be sure to use a soft soap. At night cover the face lightly with an oil base cream. For make-up apply conditioning cream first and then the cosmetics. However too much make up is not good in any event. Lipstick of course, but only a slight amount of rouge.

If skin is oily, washing twice a day is still enough but the individual can cleanse the face more than this without being harmful to the complexion. Just be sure the base of the soap used is not an oil base. Avoid creams studiously. An astringent applied after each cleansing is helpful in this case. Once more it is suggested to avoid make-up but if it is used be sure it is a powder base cosmetic.

To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

FRUIT CUPCAKES

Mrs. Ben Royal

1 qt. bread crumbs
1 1/2 c. milk
3/4 c. black molasses
1 tsp. baking soda
3 tsp. flour
2 c. seedless raisins
1 c. chopped dates
1 c. nuts
1 stick butter
1 c. sugar
2 eggs
1 tsp. cloves
1 tsp. cinnamon

Soak bread in milk for 1/2 hour. Cream butter and sugar, add eggs. Add soda to molasses then to butter and egg mixture. Gradually add bread crumbs. Roll fruit in flour and stir in above mixture. Add spices and lastly, add nuts. Bake in paper cups in muffin rings. Cook in oven 350 degrees. Cook about 30 minutes.

DREAM BARS

Mrs. Ralph Wade

First Mixture:

1 c. flour
1/2 c. butter or oleo
1/2 c. brown sugar

Mix together thoroughly. Place in bottom of shallow pan and bake 10 minutes in moderate oven.

Second Mixture:

2 eggs, beaten
1 c. brown sugar
1 Tbsp. flour (heaping)
1/2 tsp. baking powder
1 tsp. vanilla
1 c. cocoanut

Spread this mixture over first mixture and return to oven and bake 20 minutes. When cold, cut in squares.

DATE PINWHEELS

Mrs. Paul King

1/2 c. soft butter
1/2 c. light brown sugar, packed
1/2 c. granulated sugar
1/2 tsp. vanilla
1 egg
2 c. sifted flour
1/8 tsp. salt
1/4 tsp. soda
filling

Cream butter, add sugars, vanilla and egg; beat until light. Add sifted dry ingredients and mix well. Chill until firm enough to roll. Halve dough; roll each half on floured

DATE PINWHEELS (Continued)

waxed paper into a 12 x 9-inch rectangle. Spread with filling. Roll up tightly from end. Wrap in wax paper and chill overnight. (I freeze them for easier slicing). Slice 1/8-inch thick. Bake on lightly greased cooky sheets in moderate oven 375 degrees about 10 minutes. Store in air tight container.
Filling:

1 7 1/4-oz. pkg. pitted dates

Cut in small pieces. Bring to boil with:
1/4 c. sugar
1/3 c. water
dash of salt

Simmer 5 minutes stirring often. Add 1 cup chopped nuts and cool.

CHERRY COCONUT MACAROONS

Mrs. Edward J. Willis

1 egg white
1/8 tsp. salt
1/2 c. sugar
1 can flaked coconut
1/2 tsp. vanilla
candied cherries

Beat egg white with salt until foamy. Add sugar, 2 teaspoons at a time and beat until mixture will stand in stiff peaks. Fold in coconut and vanilla. Drop by teaspoonsful onto greased cooky sheets. Put a cherry half in center of each cooky. Bake in moderate oven 350 degrees 12 to 15 minutes. Makes 16 cookies.

DATE BARS

Mrs. Henry White

2 sticks butter
1 box brown sugar
3 eggs
3 c. flour
2 tsp. baking powder
1 tsp. salt
1 c. dates, chopped
1 c. nuts, chopped

Melt butter and stir in brown sugar. Cool slightly and beat in eggs, one at a time. Sift flour, baking powder and salt together and add. Stir in dates and nuts. Pour into greased baking pan. Bake 25 minutes at 350 degrees. When almost cool, cut into bars.

TROPICAL FRUIT CAKE

Mrs. George Vickroy

3 c. Brazil nuts (or 1 1/2 lb. mixed nuts)

TROPICAL FRUIT CAKE (Continued)

2 pkg. (6 1/2 oz. size) pitted dates
1 c. maraschino cherries (red and green)
3/4 c. sifted all purpose flour
3 eggs
3/4 c. sugar
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla

In bowl, put nuts, dates and drained cherries (all nuts and fruit whole). Sift flour, baking powder, salt and sugar over nut and fruit mixture. Mix thoroughly with hands. Beat eggs until frothy, add vanilla and pour over nut mixture and mix again with your hands.

Pour into 9 x 5 x 3 pan that has been greased or lined well with wax paper. Bake 1 hour and 45 minutes at 300 degrees. Remove from pan, peel off wax paper and cool completely before attempting to cut. Keeps well.

COCONUT CAKE AND FROSTING

Mrs. David D. Morris

2 eggs, separated
1 1/2 c. sugar, sifted
1 3/4 c. sifted self-rising flour
1/3 c. Wesson oil
1 c. buttermilk (or sweet milk)
1 tsp. vanilla

Heat oven to 350 degrees. Oil lightly and line cake pans with paper. (Makes 3, 8-inch layers). Beat egg whites until frothy. Gradually beat in 1/2 cup sugar. Beat until stiff. In another bowl, sift remaining sugar and flour. Add Wesson oil, half of buttermilk; beat 1 minute medium speed on mixer or 150 vigorous strokes by hand. Scrape bowl often. Add remaining buttermilk, egg yolks and vanilla. Beat 1 minute. Fold in egg white mixture. Pour into pans. Bake layers 25 minutes. Cool and frost.

Frosting:

1 c. sugar
1/4 tsp. salt
1 tsp. cream of tartar
3 unbeaten egg whites
3 Tbsp. water
1 tsp. vanilla
1 medium size coconut, grated

Combine all ingredients except vanilla and coconut in the top of double boiler. Heat water to boiling point and place top section in lower section. Beat about 6 minutes with mixer on high speed. Remove from heat, add coconut and vanilla.

HOT MILK CAKE — Mrs. Warren Beck

2 eggs, well beaten
1 c. sugar
1 c. flour
1/8 tsp. salt
1 tsp. baking powder
1/2 c. hot milk
2 Tbsp. butter
3/4 tsp. vanilla

Beat eggs until light and thick. Slowly add sugar, beat with mixer 2 1/2 minutes. After all sugar has been added, sift flour, salt and baking powder and fold into egg and sugar mixture all at one time (work quickly, no puttering here). Melt butter in hot milk (do not boil) and add all at once. Add vanilla. The folding in of the flour and milk should take only 60 seconds.

Bake in greased square cakepan at 350 degrees for 30 minutes. Handle batter as little as possible in adding flour and hot milk and pop it into oven with all speed. Remember too, that it requires a bit hotter oven than does the average cake. Should this be used for coconut cake, pour coconut milk over layers while hot.

BLACK CHOCOLATE CAKE — Mrs. Sam Adler

5 eggs
1 1/2 sticks butter
1 pkg. brown sugar (light)
2 c. flour
4 sq. bitter chocolate
1 c. milk
1 tsp. soda (level)
2 tsp. vanilla

Cream butter and sugar. Add well beaten egg yolks. Sift the soda and flour separately before measuring. Melt chocolate. Allow to cool and add to milk. Add dry ingredients alternately with chocolate mixture. Add vanilla and beat well. Fold in egg whites. Bake 325 degrees 45 minutes or until done.

Mocha Filling:

1 pkg. xxxx sugar
1/2 stick butter
3 Tbsp. cocoa
1 tsp. vanilla

Sift sugar. Mix with butter, cocoa and vanilla. Add cold coffee gradually and stir to the right consistency. Avoid using too much coffee or icing will be too thin.

Optional: Add chopped nuts between layers after putting icing on.

FRESH APPLE CAKE — Mrs. Florrie Arthur

1/2 c. shortening
1 tsp. cinnamon

FRESH APPLE CAKE (Continued)

1 c. sugar
2 eggs
1 1/2 c. sifted flour
1 tsp. soda
3/4 tsp. salt
3/4 tsp. ground cloves
1/2 c. cold coffee
2 c. finely chopped raw apples
1 c. raisins
1/2 c. chopped nuts

Cream shortening and sugar. Add eggs, well beaten. Add dry ingredients and coffee. Stir in apples, raisins and nuts. Pour into greased pan 8 x 8 and bake in moderate oven 350 degrees about 1 hour.

DEVIL'S FOOD CAKE — Mrs. E. W. Taylor

1 c. butter
2 c. sugar
4 eggs
1 c. buttermilk
2 2/3 c. flour (sifted 3 times)
1 Tbsp. soda
6 sq. chocolate, melted

Cream butter, add sugar gradually. Cream well and add beaten egg yolks. Fold in flour and milk alternately. Add melted chocolate then soda dissolved in little warm water. Lastly, fold in beaten egg whites. Cook at 375 degrees for 15 or 20 minutes. Makes 3 oblong layers, 7 x 11-inches.

Soft Chocolate Icing:

2 c. white sugar
3 Tbsp. cornstarch (mixed with sugar)
5 sq. chocolate, broken in pieces
2 c. boiling water
2/3 stick butter
1 tsp. vanilla

Put sugar, cornstarch and chocolate in saucepan; add boiling water and cook until thick. Put in butter and vanilla. Set aside to cool. Use nuts, if desired. Cake good with White Icing, too.

PUMPKIN CAKE — Mrs. Henry White

1 3/4 c. sifted cake flour
1 tsp. soda
1 tsp. baking powder
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves
1/2 c. shortening
1 c. sugar
1 egg
1 1/2 c. pumpkin
1 c. raisins
1 c. nuts, chopped

Resift flour with soda, baking powder, salt and spices.

PUMPKIN CAKE (Continued)

Cream shortening and sugar together until light and fluffy. Add egg and beat well. Stir in pumpkin and mix well. Add flour mixture in thirds, beating smooth after each addition. Fold in raisins and nuts. Pour into 9-inch tube pan. Bake 1 hour and 15 minutes at 325 degrees.

CARAMEL CAKE — Mrs. Norman Wells

1/2 lb. butter (2 sticks)
2 c. sugar
4 eggs
3 c. flour
3 tsp. baking powder
pinch of salt
1 c. milk
1 tsp. vanilla

Cream butter and sugar gradually. Add eggs - beat then add flour and milk alternately. (Add flour first and last thing). Add vanilla. Bake 350 degrees for 20 or 25 minutes. (Three layers - 9-inches).
Caramel Icing:

2 c. white sugar
2 c. brown sugar
1 1/3 c. evaporated milk
1/2 stick butter
2 tsp. vanilla

Cook sugar and milk to soft ball stage. Remove from heat. Add butter and vanilla. Beat until thick enough to spread.

APPLESAUCE CAKE — Mrs. Richard Swindell

1/2 c. butter
1 c. nutmeats
1 tsp. cinnamon
1 c. sugar
1 3/4 c. sifted cake flour
1/2 tsp. cloves
1 egg
1/4 tsp. salt
1 tsp. soda
1 c. thick, sweetened applesauce
1 c. raisins

Sift a few tablespoons of the flour over nutmeats and raisins. Cream butter and sugar, beat in egg; add nutmeats and raisins. Sift flour with soda and spices. Stir into butter mixture. Last, add the applesauce which has been heated. Bake cake in a 9-inch tube pan lined with buttered paper in moderate oven about 40 - 45 minutes. It is delicious.

BANANA CAKE — Mrs. S. W. Hatcher

1 1/2 c. sugar
3/4 tsp. soda

BANANA CAKE (Continued)

1/2 c. butter
2 eggs
2 1/4 c. cake flour
1/2 tsp. baking powder
1/2 tsp. salt
1 c. mashed bananas
1 tsp. vanilla
1/4 c. sour milk

Sift flour and other dry ingredients. Cream butter and sugar, add eggs then dry ingredients and milk. Add bananas. Cook in 2, 8-inch pans in 350 degree oven. Frost with 7-Minute Icing, putting sliced bananas between layers.

DEVIL'S FOOD CAKE — Mrs. Charles Willis

Custard Part:

2 heaping Tbsp. cocoa (or 1 c. grated chocolate)
1/2 c. sweet milk
1 c. brown sugar
1 egg yolk
1 tsp. vanilla

Cook the above slowly until it gets like thick custard. Stir often.

Cake:

1 c. brown sugar
1/2 c. butter
2 c. flour
1/2 c. sweet milk
3 egg yolks
1 egg white
1 tsp. soda

Cream butter and sugar. Add beaten eggs, milk and flour. Stir in custard and add 1 teaspoon soda dissolved in a little warm water. Bake in 3, 9-inch pans for 20 minutes at 375 degrees.

Icing:

1 1/2 c. brown sugar
1 1/2 c. white sugar
1 Tbsp. vinegar
3 egg whites
water
1 tsp. vanilla

Dissolve sugar in small amount of water and cook with vinegar until hard. Try in a cup of cold water and when it will rattle on cup, is done. Pour slowly over beaten egg whites, beating as you pour.

ORANGE COCONUT CAKE — Mrs. Walter P. Freeman

2 c. sugar
1 c. butter (1/2 lb.)
3 egg whites
juice and grated rind of 1 orange
2 c. flour

ORANGE COCONUT CAKE (Continued)

5 egg yolks
1/2 c. water
1 1/2 tsp. baking powder

Beat butter and sugar to a cream. Add the yolks of eggs and water then the juice and rind of orange. Next, the flour and baking powder sifted together and fold in very gently the stiffly beaten egg whites. Bake 20 minutes in a hot oven in layer cake pans. Put the layers together with Filling.

Orange and Coconut Filling:

1 egg
1 c. whipped cream
1 c. powdered sugar
1 1/2 c. grated coconut
grated rind and juice of 1 orange

Beat egg until light, add the whipped cream and sugar then the orange rind, juice and coconut. Spread between and on top of layers of cake.

BUTTERSCOTCH NUT CAKE Mrs. Robert Laughton

2 eggs
1 c. sugar
1 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1 Tbsp. butter, melted
1/2 c. milk

Beat eggs well in large bowl. Add 1 cup sugar and beat. After sifting together the flour, salt and baking powder, add to the eggs and butter. Add vanilla. Melt the butter in 1/2 cup of milk and add. Cook in long pan in moderate oven until done.

Topping:

3 Tbsp. top milk
3 Tbsp. brown sugar
4 Tbsp. butter
1 c. nuts

Boil the first three ingredients slowly until thick (about 7 to 10 minutes). Chop nuts and sprinkle on cake. Pour the boiled mixture over cake. Return cake to oven and broil until brown.

BLACK CHOCOLATE CAKE Mrs. Howard Wade

1 pkg. brown sugar
1/2 c. cocoa
1 stick butter or oleo
1 tsp. soda
1 /2 c. clabber
1/4 tsp. salt

BLACK CHOCOLATE CAKE (Continued)

1/2 c. hot water
2 eggs
2 c. plain flour
1 tsp. vanilla

Mix well sugar, cocoa, butter and hot water. Add the eggs, well beaten and mix. Add remaining ingredients and mix well. Pour into 3 greased 9-inch pans. Bake at 350 degrees.

Icing:

1 pkg. 4x sugar
4 sq. chocolate, melted
1/4 stick butter, melted
canned milk
1 tsp. vanilla

Combine all ingredients except milk and beat. Add milk to make consistency to spread.

CHEESE CAKE — Mrs. G. E. Sanderson

1 pkg. lemon jello
1 c. hot water
1 8-oz. pkg. cream cheese
3/4 c. sugar
1 can Pet milk
1/4 c. lemon juice
graham cracker crust

Mix lemon jello with 1 cup of hot water and let cool. Cream together the cream cheese and 3/4 cup of sugar; add this to the jello and whip until smooth. Whip can of Pet milk (cold) until thick and add to it, 1/4 cup lemon juice. Add this to jello and cheese mixture. Pour into 12 x 6 pan lined with graham cracker crust. Chill until firm.

DATE AND NUT CAKE — Mrs. Barney Davidson

2 sticks butter, melted (or substitute)
1 c. sugar
4 eggs
1 c. flour (self-rising)
1 tsp. vanilla
1 lb. dates, chopped finely
1 lb. pecans, chopped finely

Mix flour, nuts and dates. Beat egg yolks and sugar well, add to nut mixture. Add melted butter. Add the egg whites, well beaten. Bake 2 hours at 260 degrees. Use tube pan.

DATE BARS — Mrs. R. L. McDonald

2 eggs
1/2 c. walnuts

DATE BARS (Continued)

1 c. sugar
1 stick butter, melted
1 c. dates
1 c. flour
1 tsp. baking powder
1/2 tsp. salt

Beat eggs then add sugar slowly, add melted butter then chopped dates and nuts. Sift flour, baking powder and salt and fold into mixture. Pour in greased pan and bake 30 minutes at 300 degrees.

BUTTERSCOTCH BROWNIES — Mrs. Jack Windley

1/4 c. butter
1 c. light brown sugar
1 egg
1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
1/2 c. nuts

Melt butter over low heat, add brown sugar; mix well and stir in beaten egg. Add sifted flour, salt and baking powder. Stir in vanilla and nuts. Pour into greased and floured 8 x 8 x 2 pan and bake in a moderate oven 350 degrees 15 to 25 minutes.

RANGER COOKIES — Mrs. Edgar Bundy

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
2 c. flour
2 c. Rice Krispies
2 c. quick oatmeal
1 c. pecans (or 1 c. coconut)

Mix all ingredients together and roll in small balls. Place on cooky sheet, press down with damp cloth on the bottom of glass. Bake at 350 degrees for 15 minutes.

BROWNIES — Mrs. L. J. Norris

4 sq. chocolate
1 lb. light brown sugar
4 eggs
1 1/8 c. plain flour
1/2 c. walnuts
1 tsp. vanilla

Melt chocolate, add sugar then whole eggs, one at a time, beating after each addition so that sugar lumps will dissolve. Add flour, fold it in mixture then nuts and vanilla. Pour in greased pan and bake in 350 degree oven for 30 minutes.

-30- Morehead City, N. C.

FRUIT COCKTAIL CAKE

Mrs. Dudley F. O'Brien

1 c. cake flour
1 c. white sugar
1 egg
2 c. drained fruit cocktail
3/4 c. broken pecans
brown sugar

Sift flour twice, add sugar; mix and add 1 beaten egg. Blend then add 2 cups of drained fruit cocktail and pecans. Pour in pie pan or square pan. Sprinkle top with brown sugar. Bake 1 hour at 325 degrees. Top with whipped cream, if desired when served. This cake keeps well in the refrigerator.

ANGEL FOOD PARTY CAKE

Mrs. Charles Byrd Wade, Sr.

1 large angel food cake
1 pkg. vanilla custard pudding
1/2 pt. heavy whipping cream
1 c. pecans
sherry flavoring
sugar

Cook pudding as directed, thoroughly chill. Add the flavoring (any you prefer) to taste, to whipped cream also add sugar to taste. Cut angel cake crosswise twice (3 layers). Ice layer with pudding then whipped cream; sprinkle with finely broken nuts. Repeat on second layer then ice the whole cake in the same way. Put in refrigerator overnight. One cake makes 16 servings.

JAPANESE FRUIT CAKE AND FILLING

Mrs. George Adams, Sr.

1 c. butter
2 c. sugar
4 eggs
3 c. self-rising flour
1/4 tsp. soda
1 c. buttermilk
1 tsp. vanilla
2/3 c. chopped nuts
2/3 c. chopped raisins
3/4 tsp. cinnamon
3/4 tsp. allspice
3/4 tsp. mace
1/2 tsp. cloves

Cream together until fluffy the butter and sugar. Beat in thoroughly the eggs, one at a time. After sifting the flour and soda, stir it into the butter, eggs and sugar alternately with the buttermilk and vanilla.

Grease and dust with flour 3, 9-inch pans and pour 1/3 batter into one. Stir into the remaining batter the nuts, raisins and spices. Pour batter in the two remaining pans. Bake 30 to 35 minutes in moderate oven 350 degrees. When cake is cool, put together with Japanese Fruit Cake Filling.

JAPANESE FRUIT CAKE AND FILLING (Continued)

Dark layers top and bottom - yellow layer in center.
Filling:

2/3 c. sugar
1/4 tsp. salt
4 Tbsp. cornstarch
3/4 c. pineapple juice
1 Tbsp. butter
2 Tbsp. grated orange rind
1/4 c. orange juice
2 Tbsp. lemon juice
1 1/2 c. grated coconut (fresh or frozen)
1 #2-can crushed pineapple, drained
1/2 c. chopped pecans

Mix together the sugar, salt and cornstarch. Stir in slowly pineapple juice. Blend in butter, orange rind, orange juice and lemon juice. Cool. Stir in the coconut and pineapple and chopped nuts.

POUND CAKE — Mrs. J. R. Herring

3/4 lb. butter
6 eggs
1 box 4-x sugar
1 box flour (Swans Down) (use 4-x sugar box to measure flour - important)
1 tsp. vanilla

Cream butter and sugar. Add eggs and flour alternately and gradually. Be sure eggs and butter are at room temperature. Bake in tube pan for 60 to 70 minutes at 325 degrees.

POUND CAKE — Mrs. Lula Nelson

1/2 lb. butter
1/2 lb. sugar
1/2 lb. flour (plain)
5 eggs
1 tsp. baking powder

Cream butter and sugar. Add eggs, beating with electric mixer on high speed. Add flour and baking powder gradually. If batter is too stiff, add a small amount of water. Bake 50 minutes at 350 degrees in a tubular pan that has been lightly greased and floured.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Desserts

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep **blue sky** and bake in the sun. When brown, set away to cool in the bath tub.

HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young, and take only such varieties as have been reared in a good moral atmosphere.

When once decided upon and selected, let that part remain forever settled and give your entire thought to preparation for domestic use.

Some insist on keeping them in a pickle, while others are constantly getting them into hot water.

Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavored with kisses. Then wrap well in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with the fruits of constant devotion and milk of human kindness.

When thus prepared, they will keep for years.

SCRIPTURE CAKE

4 1/2 c. of I Kings 4:22
1 c. of Judges 5:25 (last clause)
2 c. of Jeremiah 6:20
2 c. of I Samuel 30:12
2 c. of Nahum 3:12
1 c. of Numbers 17:8
1 1/2 c. of Judges 4:19 (last clause)
2 Tbsp. of I Samuel 14:25
A pinch of Leviticus 2:13
6 Jeremiah 17:11
2 tsp. of Amos 4:5
Season to taste of II Chronicles 9:9
Follow the advice of Solomon in
Proverbs 23:14 (first 3 words)

PINE SCOTCH PUDDING AND SAUCE

Mrs. Grover Munden

3/4 c. flour
1 tsp. baking powder
1/4 tsp. salt
2 eggs
1 c. sugar
1 tsp. vanilla
1 c. crushed pineapple, drained
1 c. chopped nuts

Beat eggs until fluffy. Add 1 cup sugar and vanilla. Fold in pineapple and nuts. Fold in sifted dry ingredients; blend gently but firmly. Pour in well greased pan and bake for 30 to 35 minutes at 325 degrees.

Sauce:

1/4 c. butter
1 Tbsp. flour
1 c. brown sugar, firmly packed
1/4 c. pineapple juice
1/4 c. water
1 egg
1 tsp. vanilla

Melt in saucepan the butter. Blend in flour. Add the brown sugar, pineapple juice and water. Mix well. Boil for 3 minutes, stirring constantly. Blend in beaten egg to which a little of the hot sauce has been added. Cook for 1 minute, remove from heat. Cool then add vanilla. Cut pudding in squares, top with sauce and whipped cream.

HEAVENLY PIE

Mrs. Edward Faucette

4 egg whites
1/4 tsp. cream of tartar
1 c. granulated sugar
4 egg yolks
3 Tbsp. lemon juice
1 Tbsp. grated lemon rind
1/8 tsp. salt
1 pt. heavy whipping cream
1/2 c. granulated sugar

Beat egg whites until foamy. Add cream of tartar and beat until stiff. Add 1 cup of sugar gradually while continuing to beat real stiff. Use to line bottom of 9-inch pie plate, buttered, hollowing out most of center and being careful not to spread too close to sides.

Bake in slow oven 275 degrees 1 hour. Cool. Meanwhile, beat egg yolks slightly. Stir in 1/2 cup of sugar, lemon juice, rind and salt. Cook over double boiler until thick enough to mound when dropped from spoon (about 8 to 10 minutes). Remove and cool. Whip 1 cup of heavy cream and fold into lemon-egg mixture. Use to fill

meringue shell. Chill in refrigerator about 24 hours. Just before serving, garnish with remaining cup of heavy cream, whipped.

MERINGUES OR SHELLS

Mrs. E. P. Spence

2 egg whites
1/8 tsp. cream of tartar
1/2 c. sugar
1/2 tsp. vanilla

Using an electric beater, beat egg whites, cream of tartar and salt until stiff but not dry. Add 1 spoonful of sugar at a time, beating until stiff after each addition. Fold in vanilla. Drop in mounds on ungreased heavy brown paper on cooky sheet. If wanted for shells, press out centers with spoon. Bake in slow oven 250 degrees 40 to 60 minutes or until light brown. Remove from paper at once or they will stick. To make tarts, fill with your favorite cooked custard and chill.

Delicious candy may be made by using brown sugar instead of white and add 1/2 cup chopped nuts. Drop by spoonsful on ungreased paper and bake as above.

EGG SAUCE

Aunt Fannie Smith

2 eggs, separated
3 Tbsp. sugar
1/2 c. canned milk
1/2 tsp. flavoring

Put yolks, sugar and canned milk in small pot. Stir well and slowly bring to boil. Take off stove. Add beaten whites (fold in) and flavoring. Chill. Makes 4 large servings. Good on fruit and berry pies.

LEMON JELLY FILLING

Mrs. Richard Swindell

2 lemons, rind and juice
2 c. sugar
2 eggs
1 c. boiling water
2 Tbsp. flour
1/2 c. water
2 Tbsp. melted butter

Mix sugar with egg yolks, add beaten egg whites then add juice and grated rind of lemons. To this, add the boiling water. Stir in the flour, rubbed smooth in the 1/2 cup of water. Add melted butter and cook until thickens. When cold, spread between layers of cake. Oranges can be used in place of lemons.

LEMON JELLY FILLING — Mrs. Robert Harrell

grated rind and juice of 2 lemons
3 egg yolks
1/2 c. butter (1 stick)
1 c. sugar

Mix all together and cook in double boiler, stirring constantly until thick. Use like jelly between cake layers.

PERSIMMON PUDDING — Mrs. Harvey Hamilton, Sr.

1/2 c. butter
2 c. persimmon pulp
2 c. milk
1 1/2 c. sugar
3 eggs
1 1/2 c. plain flour
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
1/4 tsp. cloves
1/2 tsp. allspice
1/2 tsp. salt
2 tsp. vanilla

Combine all dry ingredients, persimmon pulp and eggs. Mix with electric mixer. Stir in milk and melted butter. Add vanilla. Pour into large greased casserole and bake 1 hour at 350 degrees. Serve with whipped cream.

ONE-TWO-THREE SHERBET — Mrs. Cecil Morris

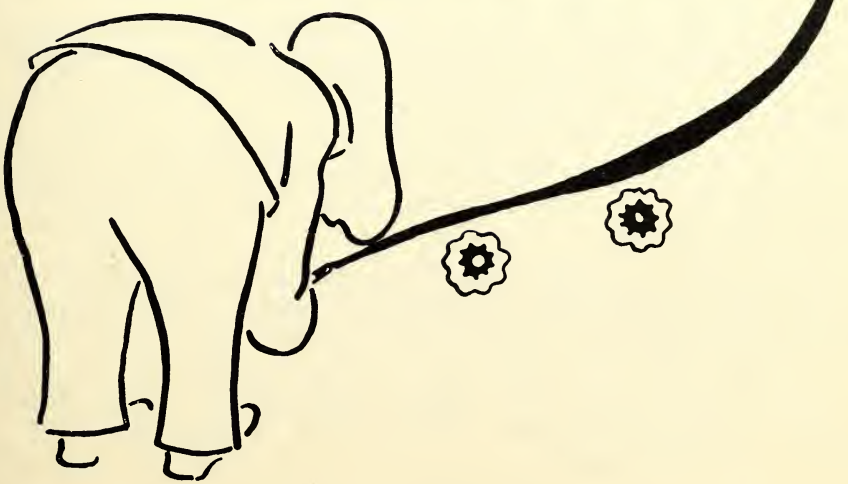
1 banana
2 lemons
3 oranges
2 c. sugar
1 c. water
4 egg yolks
1/2 pt. whipping cream
dash of salt

Mash banana, strain juiced; blend with banana. Mix sugar and water and boil 5 minutes. Beat egg yolks with salt and pour slowly in hot syrup. Cool and fold whipped cream in egg mixture and fruits. Freeze, stir occasionally. Serves 8 to 10.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Write Extra Recipes Here:

Candy Jelly 'n Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

In using the coldwater test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

FUDGE

Rev. Barney Davidson

1 cake semi-sweet chocolate
1 (or 1/2) cake bitter chocolate
1 can Borden's condensed milk
1/2 lb. marshmallows
2 c. nutmeats
1 tsp. vanilla

Melt chocolate in double boiler (not too hot). Stir in condensed milk and when smooth, add vanilla and 1/4 teaspoon salt. Add nuts and mix. Stir in marshmallows, quartered. Butter platter and hands and shape in a roll. Chill and cut.

DIVINITY

Mrs. Bud Dixon

3 c. sugar
2/3 c. white Karo
3/4 c. water
3 egg whites
1 tsp. vanilla

Mix sugar, water and Karo thoroughly (do not let mixture remain around side of boiler). Boil, stirring until sugar is dissolved. When soft ball forms when dropped into cold water, pour a small portion into stiffly beaten egg whites. Boil rest of mixture a little longer. Pour about 4 tablespoons more into egg whites. Replace remaining cooked mixture on stove and boil until it forms a very hard ball in water then pour very slowly into eggs, beating very fast. Continue beating until firm. Drop by teaspoonsful on waxed paper. Use nutmeats as desired.

CHOCOLATE FUDGE

Mrs. Truman Kemp

2 c. sugar
1 small can Carnation milk
cocoa (about 5 or 6 tsp.)
2 Hershey bars (5¢ plain)
1 tsp. vanilla
butter

Mix sugar and cocoa. Add milk. Cook over medium low heat and time it for 2 minutes after mixture comes to a rolling boil. Remove from heat and stir in Hershey bars, butter and vanilla. Beat until cool. This recipe can be used for Chocolate Icing. Boil mixture only 1 minute and proceed with recipe.

PECAN DAINTY

Mrs. C. D. Stewart

1 egg white
1 c. brown sugar (light)

PECAN DAINTY (Continued)

2 c. pecans, cut or broken in bits

Beat egg white stiff. Beat in sugar, a little at a time. Mix well. Add pecans and stir until all are well coated with the egg and sugar mixture. Drop from tip of spoon on greased cooky sheet. Leave a little space between each cooky. Bake 30 minutes in slow oven 200 degrees then 15 minutes more at 250 degrees. Watch closely the last 15 minutes as they burn easily.

UNCOOKED FUDGE — Mr. Ben Alford

3 sq. Baker's chocolate
4 c. xxxx Dixie Crystal sugar
4 Tbsp. butter
1/2 c. nuts
1/4 c. evaporated milk
1/8 tsp. salt
1 tsp. vanilla

Melt butter and chocolate in double boiler. Add to powdered sugar and milk. Work until well blended. Add salt, vanilla and nuts. Press into buttered pan. Chill and cut into squares.

Write Extra Recipes Here:

Beverages 'n Miscellaneous

QUANTITY SERVING FOR FIFTY

Juice for Cocktail - 6 1/2 quarts.
Lemons for lemonade - 6 dozen.
Peas, No. 2 1/2 can - 10 to 12.
Potatoes (white) creamed - 16 lbs. Buttered whole, 20 lbs. Au Gratin - 15 lbs. with 4 c. medium sauce, 1 lb. cheese.
Potato Salad - 12 lbs., 2 bunches celery, 2 dozen eggs, pickle, 4 green peppers, mayonnaise and seasoning to taste.
Potatoes (Sweet) souffle - 16 lbs. Candied, 18 to 20 lbs.
Cabbage Salad, Slaw, 8 lbs., 2 bunches carrots, 1 bunch celery, dressing.
Cabbage-Apple Salad, 1/2 doz. apples, 6 lbs. cabbage, 2 boxes raisins, nuts.
Rice - 3 lbs. Grits - 2 1/2 lbs.
Fresh Tomatoes - 10 lbs.
Rolls - 15 dozen or 6 yeast cakes made into rolls.
Beef Roast - 18 to 20 lbs.
Meat cakes - ground meat, 16 to 18 lbs.
Meat loaf - 12 to 15 lbs.
Fresh Ham - 20 to 25 lbs.; tenderized, 17 to 20 lbs.
Sausage, 16 lbs.
Chicken (dressed) Creamed, 15 to 18 lbs., baked 25 to 30 lbs.
Turkey (dressed and drawn) 22 to 25 lbs.
Chicken Stew - 4 hens, weighing 5 lbs. or more.
Brunswick Stew - 14 lbs. beef, 3 lbs. lean pork, 1 fowl, 7 cans tomatoes, 4 cans corn.
Ice Cream - 2 gallons of bulk cream.
Coffee - 1 lb.

RUSSIAN TEA

Mrs. G. C. Cooke

1 tsp. whole cloves
1 stick cinnamon
3 qt. water
1 1/2 or 2 c. sugar
juice of 3 oranges
juice of 2 lemons
1 c. pineapple juice
3 Tbsp. Orange Pekoe tea

Tie spices in cheesecloth bag - add to water and sugar and bring to a boil and boil about 5 minutes. Steep tea in pint of boiling water for 5 minutes. Add this and fruit juices to boiling water. Serve piping hot. This will serve 25 people. At Christmas, you may add a few drops of red coloring.

CITRIC ACID PUNCH

Mrs. Duffy Rowe

2 oz. citric acid
7 c. sugar
1 small can frozen orange juice

Mix sugar and citric acid in gallon jar. Add enough hot water to dissolve sugar. Add enough cold water and orange juice to fill jar. Let stand for 24 hours or longer. When ready to serve, add about 3 quarts cold water and 1 quart of ginger ale. Will keep indefinitely in refrigerator. Makes a good foundation for fruit-punch. Serves about 60.

CRACKER DRESSING

Mrs. Earl K. Wade

1 1/2 boxes Uneda biscuits
1/2 c. diced sweet pickles
1 c. diced celery
1/2 c. salad dressing
1 Tbsp. sugar
1 tsp. mustard
1/4 c. sweet pickle vinegar
1/4 c. Carnation milk
2 hard boiled eggs, diced
giblets from turkey or hen, diced

Break crackers in small pieces - do not crumble. Add celery, pickles, eggs and giblets. Mix dressing. Combine salad dressing, mustard, sugar, pickle vinegar and milk. Stir until smooth. Pour over dry ingredients and mix lightly and serve at once. To be used with turkey, duck, baked hen or fried chicken. Makes 8 servings.

CHILI SAUCE

Mrs. Perry Taylor, Jr.

3 lb. ground lean beef
1 bottle Gebhardt's chili powder

CHILI SAUCE (Continued)

3 large cloves of garlic, chopped fine
1 c. onions, chopped fine
2 cans Campbell's tomato soup
1 soup can water (more if needed)
1 Tbsp. salt

Brown ground beef in bacon drippings. Drain well. Brown onions and garlic until onions are tender. Drain well. Put all ingredients in pan with close fitting cover and simmer 1 hour. Goes well with spaghetti, rice, red kidney beans or frankfurters. Keeps well frozen.

Write Extra Recipes Here:

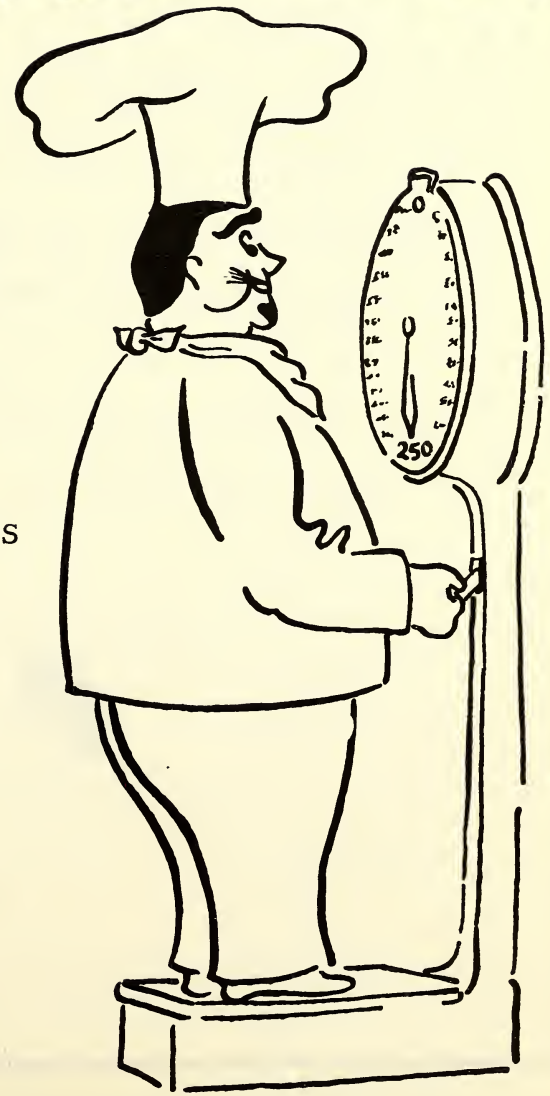
Weight Control

* REDUCING DIETS

* GAINING WEIGHT

* CALORIC TABLES

* WEIGHT CHART



All material in this section was submitted by Dr. James D. Orr, P.T., Dietitian and Physio-Therapist of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:
1/2 Grapefruit, Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH	DINNER
FIRST DAY:	
1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee
SECOND DAY:	
1 Orange	1 Small Broiled Steak, PLAIN
1 Egg	1/2 Head Lettuce
1 Slice Melba Toast	1 Tomato
1/2 Head Lettuce	1/2 Grapefruit
Tea	Tea or Coffee
THIRD DAY:	
1/2 Grapefruit	1 Lamb Chop Lean, PLAIN
1 Egg	1 Egg
8 Slices Cucumber	3 Radishes
Tea or Coffee	1/2 Grapefruit
	Tea or Coffee
FOURTH DAY:	
1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak, PLAIN
Cottage Cheese	Coffee
Tea	
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg, 1 serving Spinach, PLAIN
1/2 Head Lettuce	1/2 Grapefruit
1/2 Grapefruit - Coffee	1 Slice Melba Toast - Tea

EIGHTEEN DAY REDUCING DIET

LUNCH		DINNER
	NINTH DAY:	
1 Egg		Any Meat Salad
1 Tomato		
1/2 Grapefruit		
Tea		
	TENTH DAY:	
1/2 Grapefruit		1/2 Grapefruit
1 Lamb Chop, PLAIN		1 Lamb Chop, PLAIN
1/2 Head Lettuce		1/2 Head Lettuce
Tea		Tea
	ELEVENTH DAY:	
1 Slice Cinnamon Toast		1 Small Broiled Steak, PLAIN
Tea		1 Stalk Celery
		1 Tomato
		2 Olives
		Tea
	TWELFTH DAY:	
1/2 Lobster		1 Broiled Steak, PLAIN
2 Crackers		Cole Slaw
1/2 Grapefruit		1 Tomato
Tea		1 Orange
	THIRTEENTH DAY:	
1 Egg		1/2 Grapefruit
1 Slice Melba Toast		1 Small Broiled Steak
1/2 Grapefruit		1/2 Head Lettuce
		1 Stalk Celery
		Coffee
	FOURTEENTH DAY:	
1 Egg		1 Lamb Chop, PLAIN
1 Tomato		1/2 Tablespoonful Catsup
1/2 Grapefruit		1 Slice Melba Toast
1 Slice Melba Toast		1/2 Grapefruit
	FIFTEENTH DAY:	
1 Egg		1 Small Broiled Steak, PLAIN
1 Slice Melba Toast		1 Small Portion Spinach, PLAIN
1/2 Grapefruit		1 Orange
Coffee		Tea
	SIXTEENTH DAY:	
1 Egg		1 Small White Fish, BROILED
1 Tomato		1 Small Portion Spinach, PLAIN
1/2 Grapefruit		1 Orange
Coffee		Tea
	SEVENTEENTH DAY:	
1 Lamb Chop, PLAIN		1 Small Broiled Steak, PLAIN
1/2 Head Lettuce		1 Tomato
1/2 Grapefruit		1 Stalk Celery
Tea		Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
EIGHTEENTH DAY:	
1 Chicken Leg, BROILED	1/2 can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade - NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb. If you have not lost the desired weight you will repeat until you have lost the weight you wish. This diet takes the weight off slowly, but you do not become flabby. Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	0
Total	1,045

TUESDAY

BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Sirloin Steak-3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	0
Total	1,175

THURSDAY

BREAKFAST	
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	0
Total	1,025

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FRIDAY	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,035

SATURDAY	
BREAKFAST	
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Bacon & Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,155

SUNDAY	
BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	0
Total	1,160

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

BODY BUILDING AND WEIGHT GAINING DIET

Light tea and coffee are permissible.

THE DIET SHOULD CONTAIN AT LEAST THE FOLLOWING DIETARY ESSENTIALS:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals: At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A. M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P. M.	Milk, (hot or cold), cocoa, malted milk.

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.

HIGH CALORIE DIET

Vegetables:	Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes and one half cup cauliflower. One large baked potato and one half cup broccoli.
Salad:	Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
Beverage:	Light tea or coffee, cocoa, malted milk.
Dessert:	Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

WEIGHT CHART

WOMEN				MEN			
Weight in Pounds (with reg. clothes)				Weight in Pounds (with reg. clothes)			
20-24	25-29	30 and over	HEIGHT with shoes on)	20-24	25-29	30 and over	HEIGHT with shoes on)
113	116	119	4' 11"	....	....	....	4' 11"
115	118	121	5' 0"	119	124	127	5' 0"
117	120	123	5' 1"	121	126	129	5' 1"
120	122	125	5' 2"	124	128	131	5' 2"
123	125	128	5' 3"	127	131	134	5' 3"
126	129	132	5' 4"	131	134	137	5' 4"
129	132	136	5' 5"	135	138	141	5' 5"
133	136	140	5' 6"	139	142	145	5' 6"
137	140	144	5' 7"	142	146	149	5' 7"
141	144	148	5' 8"	146	150	154	5' 8"
145	148	152	5' 9"	150	154	158	5' 9"
149	152	155	5' 10"	154	158	163	5' 10"
153	155	158	5' 11"	158	163	168	5' 11"
157	159	162	6' 0"	163	169	174	6' 0"
....	....	....	6' 1"	168	175	180	6' 1"

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

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CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn Bread	200
Cracked Wheat Bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate Cake	400
Gingerbread	200
Ice Cream, vanilla	200
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150
Ham, smoked, medium fat	400
Liver	120
Pork Chop, 1	200
Spareribs	330

CALORIC CHART

FOODS	MISCELLANEOUS	CALORIES
Butter, 1 pat		110
Jelly, 1 tablespoon		107
Jam, 1 tablespoon		132
Macaroni and cheese		160
Omelet, 1 egg		130
Spaghetti and meat sauce		290
Spanish rice		155
Sugar, 1 teaspoon		20
Whipped cream, 1 level tablespoon		35
	VEGETABLES	
Asparagus		15
Beans, green		35
Beans, Limas		130
Beets		45
Carrots		45
Cauliflower		30
Corn		100
Peas, canned		65
Peas, green		100
Potato, sweet, 1		200
Potato, baked, 1		100
Potatoes, creamed		100
Potatoes, fried		100
Spinach		20
Tomato, 1		25
Turnips		35

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

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